

# Food Box News

New Hampshire Commodity Supplemental Food Program Newsletter

Vol.1 No.1

## Color Your Way to 5 A Day!

Aim to eat a variety of colorful fruits and vegetables every day. It's the best way to get the best nutrition possible.



## What is 5 A Day?

Many Americans know that fruits and vegetables are an important part of a healthy lifestyle. They may not know that eating a lot of fruits and vegetables may reduce their risk of some types of cancer and other chronic diseases.

## What is a serving?

- 1 medium piece of fruit
- $\frac{1}{4}$  cup dried fruit
- 1 cup raw salad vegetables
- $\frac{1}{2}$  cup raw, cooked, frozen or canned fruits or vegetables
- $\frac{1}{2}$  cup raw, cooked, canned or frozen beans or peas
- $\frac{3}{4}$  cup (6 ounces) 100% fruit or vegetable juice



## How many daily servings do you need?

Health experts recommend 5 to 9 servings of fruits and vegetables a day. The more calories you eat in the day, the more fruits and vegetables you need. Here's how to get nine fruit and vegetable servings in one day:

**Breakfast:** 6 ounces of 100% grapefruit juice and  $\frac{1}{4}$  cup raisins with cereal

**Mid-morning snack:**  $\frac{1}{2}$  cup applesauce

**Lunch:** Soup with  $\frac{1}{2}$  cup each of beans, spinach and carrots

**Afternoon snack:** 6 ounces of 100% tomato juice

**Dinner:**  $\frac{1}{2}$  cup green beans

**Evening snack:**  $\frac{1}{2}$  cup canned plums

## Learnin' the Blues

Blue or purple fruits and vegetables have health promoting phytochemicals (plant chemicals). Two examples, anthocyanins and phenolics, may help maintain:

- Lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

## Blues and Purples for You

### Juices

- 100% grape juice
- 100% prune juice

### Dried fruit

- Dried plums (prunes)
- Raisins

### Fresh, frozen or canned berries

- Blackberries
- Black currants
- Blueberries
- Elderberries

### Fresh, frozen or canned

- Black salsify
- Eggplant
- Purple asparagus
- Purple Belgian endive
- Purple cabbage
- Purple carrots
- Purple figs
- Purple grapes
- Purple peppers
- Purple plums
- Purple potatoes

## Berries with Baked Meringue

Recipe from the National Cancer Institute 5 A Day website  
[http://5aday.gov/recipe\\_dessert\\_2002.shtml](http://5aday.gov/recipe_dessert_2002.shtml)

Serves 4

### Berries

- 1 (16-ounce) bag of frozen mixed berries or 3 cups fresh blueberries
- Grated peel of  $\frac{1}{2}$  orange
- 2 teaspoons sugar

### Topping

- 2 large egg whites
- $\frac{1}{8}$  teaspoon cream of tartar
- 3 tablespoons sugar



- Preheat oven to 350°.

Place the berries in a saucepan on low heat. Stir in orange peel and sugar and cover. Cook, stirring occasionally, until berries are hot throughout. Drain excess liquid and save for later use. (When juice cools, mix it with 100% orange or apple juice and enjoy with your next meal.)

- Meanwhile, beat egg whites with an electric beater on medium in a clean glass or metal bowl. When the egg whites are foamy, stop and add cream of tartar.
- Continue to beat egg whites. When soft peaks form, continue beating while sprinkling in sugar in a slow stream. Beat until peaks are stiff and glossy.
- Working quickly, divide the hot berries among four ovenproof bowls.
- Dollop and spread the meringue over each bowl.
- Place them all in the oven on the middle rack.
- Bake 10 to 12 minutes, until the meringue is light brown and puffy.

### Nutritional Analysis (per serving)

106 calories, 23 grams carbohydrate, 2 grams protein, 0 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 27 milligrams sodium, 0 grams fiber, 0% calories from fat, 0% calories from saturated fat, 1 "5 A Day" serving.

## Purple Potatoes?

The purple potato goes by several names – blue potato, black potato and the purple Peruvian potato. Try saying that fast three times! Whatever the name, these purple-fleshed potatoes are good all-purpose potatoes. If you feel your menu choices are in a rut, try a purple potato the next time you make mashed potatoes or potato salad.

## Missin' the Blues?

Are you having a hard time finding a blue or purple fruit or vegetable to eat? Try making your favorite cole slaw with purple cabbage.



**Knock! Knock!**

Who's there?

**Elder.**

Elder who?

**Elderberries  
are a great way  
to get your blues!**

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# Food Box News

New Hampshire Commodity Supplemental Food Program

Vol.1 No.2

## Go Healthy, Go Green!

Green fruits and vegetables have many phytochemicals (fight-o-chemicals). Two examples of these health-promoting natural chemicals found in green produce, lutein and indoles, may help:

- Protect against certain cancers
- Keep your eyes, bones and teeth healthy

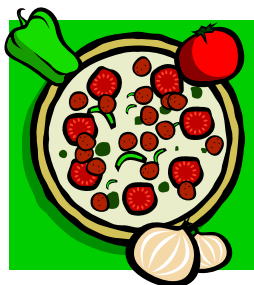


## Make Your Life Greener

- Eat a tossed lettuce salad. Add green peppers.
- Enjoy a cabbage cole slaw.
- Add a kiwi to your fruit salad.
- Add frozen peas to your soup.
- Add avocado slices to salads and sandwiches. Sprinkle the avocado with lemon or lime juice to keep it bright green.
- Have some broccoli florets with a lowfat dip.

## Make a Mini Pizza!

This is a great way to use leftover vegetables. Start with half an English muffin. Add tomato or pizza sauce, green vegetables and grated mozzarella cheese. Sprinkle on your favorite Italian spice (such as oregano) or garlic powder. Bake in a toaster oven at 350° until the cheese bubbles.



## Beans Count, Too!

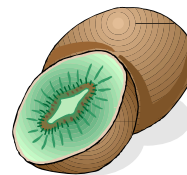
Dried beans and peas are neither fruits nor vegetables, but they do count as part of your 5 to 9 daily servings. Green examples include green lima beans, dried peas and green lentils. A "5 A Day" bean serving is  $\frac{1}{2}$  cup.

## Quick Bean Salad

Rinse and drain your favorite canned beans (or use  $1\frac{1}{2}$  cups of cooked dried beans or peas). Add chopped parsley or garlic, and a lowfat vinaigrette dressing.

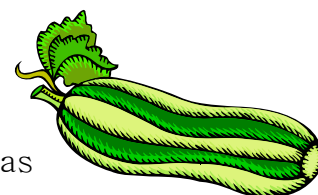
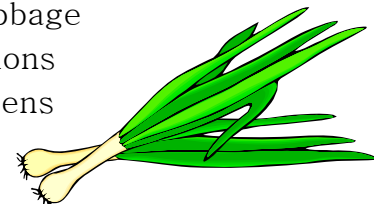
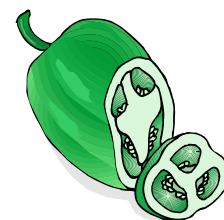
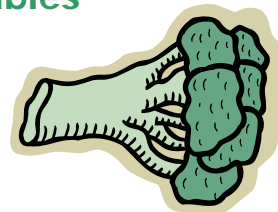
## Green Fruits

Green apples  
Green grapes  
Honeydew  
Kiwifruit  
Limes  
Green pears



## Green Vegetables

Avocados  
Artichokes  
Arugula  
Asparagus  
Broccoflower  
Broccoli  
Broccoli rabe  
Brussels sprouts  
Chinese cabbage  
Celery  
Chayote Squash  
Cucumbers  
Endive  
Green beans  
Green bell pepper  
Green cabbage  
Green onions  
Leafy greens  
Leeks  
Lettuce  
Okra  
Peas  
Snow peas  
Spinach  
Sugar snap peas  
Water cress  
Zucchini



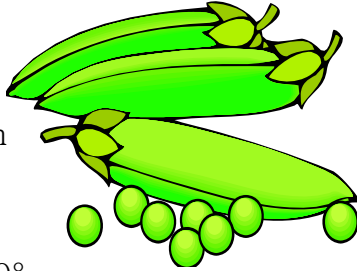
## Roasted Garlic and Green Pea Pasta Sauce

Try this 5 A Day recipe from Graham Kerr, the “Galloping Gourmet.”

**Recipe from the NCI 5 A Day website**  
**<http://5aday.gov/>**

**Serves 4 (one “5 A Day” vegetable serving per person)**

1 head garlic or 1 tablespoon jarred garlic  
1 pound frozen peas (2 cups)  
1 cup nonfat evaporated milk  
1/4 teaspoon salt (optional)  
2 tablespoons grated Parmesan cheese  
2 tablespoons chopped parsley



- Preheat toaster oven to 350°.
- Cut off the stem end of the garlic head exposing the cloves inside. Wrap in foil and bake in the toaster oven 1 hour or until very soft. Unwrap and allow to cool. Or use 8 cloves of jarred garlic.
- Squeeze the garlic head toward the cut end to collect all the soft flesh. Put in blender.
- Thaw and drain peas in a colander under running water. Toss into blender. Add evaporated milk and salt. Blend until smooth.
- Optional step (for a smoother sauce): Push sauce through a wire strainer.
- Heat the sauce and serve over pasta. Top with a sprinkling of Parmesan cheese and chopped parsley.

### Nutritional Analysis (per serving)

167 calories, 8% calories from fat, 1 gram fat, 1 gram saturated fat, 5% calories from saturated fat, 27 grams carbohydrate, 372 milligrams sodium, 6 grams fiber.

## Are They Ripe?

Some fruits continue to ripen at room temperature after they are picked: apricots, bananas, cantaloupe, kiwifruit, mangoes, nectarines, peaches, pears, plantains and plums.

To speed the ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. This will not work with a plastic bag.

Other fruits will not ripen any further once they are picked: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

Refrigerate ripe fruit to help it keep longer.



**Knock! Knock!**

Who's there?

**Granny.**

Granny who?

**Granny Smith apples  
cut in thin slices  
make a great snack!**

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# Food Box News

New Hampshire Commodity Supplemental Food Program

Vol.1 No.3

## Healthy Choices: White, Tan and Brown!

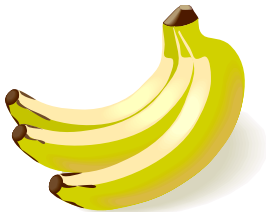
White, tan and brown fruits, vegetables and beans have different amounts of nature's phytochemicals (fight-o-chemicals) that provide health benefits. Allicin is a phytochemical found in members of the onion and garlic family. Eating white produce may help maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers



## Banana Nut Smoothie

Makes 2 (1 cup) servings  
Recipe from the NCI 5 A Day website <http://5aday.gov/>



- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 tablespoon creamy peanut butter | 1 teaspoon plain yogurt      |
| 1 ripe banana                     | 3/4 teaspoon vanilla extract |
| 1 cup pineapple juice             | 3 ice cubes                  |
|                                   | Nutmeg                       |

- Combine all ingredients, except nutmeg, in blender.
- Cover and run on high until smooth and well blended.
- Pour into 2 glasses and sprinkle with nutmeg.

**Nutrient analysis per serving:** 177 calories; 5 grams fat; 0 mg cholesterol; 2 grams fiber; 41 mg sodium; 23% calories from fat.



## Apples with Onions

Makes 4 servings  
Recipe from the NCI 5 A Day website <http://5aday.gov/>

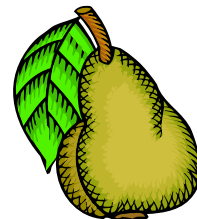
- 4 apples, cored and sliced 1/4 to 1/3 inch thick  
1 large or 2 small sweet onions, diced  
1 pat of butter or 1 tablespoon of oil

- Sauté apples and onions in butter until tender.

**Nutrient analysis per serving:** 104 calories; 2 grams fat; 3 mg cholesterol; 4 grams fiber; 7 mg sodium; 13% calories from fat.

## White, Tan and Brown Fruits

Bananas  
Dates  
White Nectarines  
White Peaches  
Brown Pears



## White, Tan and Brown Vegetables

Cauliflower  
Garlic  
Ginger



Jerusalem Artichokes  
Jicama (hick-a-ma)  
Kohlrabi

Mushrooms  
Onions  
Parsnips



Potatoes (white fleshed)  
Shallots  
Turnips  
White Corn



## White, Tan and Brown Beans

Brown lentils  
Great northern bean  
Pinto beans  
Navy beans





## Cauliflower Soup du Jour

Serves 6

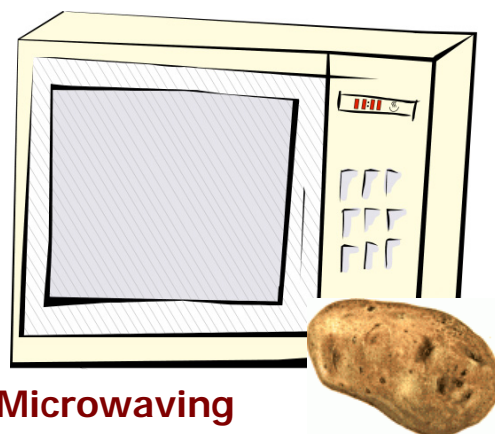
Recipe from

<http://www.aboutproduce.com>

1/2 cup onion, chopped  
 3/4 cup potato, cubed  
 13.75 ounce can of low-sodium chicken broth  
 24 ounces cauliflower (frozen or fresh)  
 1/2 to 1 teaspoon nutmeg or cloves  
 12-ounce can evaporated skim milk  
 4 medium scallions, sliced

- In a 3-quart saucepan, mix the onion, potatoes and broth.
- Bring to a boil. Reduce heat and cook for 5 minutes.
- Add the cauliflower. Add nutmeg or cloves. Cover and simmer for 15 minutes.
- Uncover, remove pan from heat and let cool slightly.
- Remove vegetables and place in a food processor or blender. Cover and blend until vegetables are smooth. Use broth if needed.
- Return pureed vegetables to the saucepan and mix with the broth.
- Add evaporated milk and cook over medium heat.
- Garnish with sliced scallions.

**Nutrient analysis per serving:** 185 calories, 30% calories from fat, 6 gram fat, 12 milligrams cholesterol, 4 grams fiber, 198 milligrams sodium.



## Microwaving Potatoes

What's a quick and easy way to cook a potato? The microwave oven. It actually bakes a more tasty and nutritious potato than a regular oven, because the potato is heated for less time.

### How to Microwave a Potato

Scrub the potato, dry it and prick it with a fork. Wrap it in a paper towel and place it on a microwave rack. Use your oven's directions for cooking time and power. Turn the potato once during cooking. Do not go over the cooking time, as potatoes keep cooking after they come out of the oven.

**Serving Ideas** Top with low-fat sour cream, chives, parsley, onions, tomatoes, chili, or cooked broccoli. *Remember, potatoes are low-fat and low calorie. It's what you put on them that adds calories.*

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## Knock! Knock!

Who's there?

**Allison.**

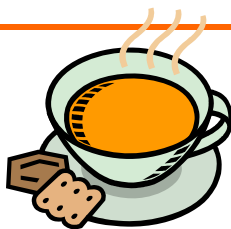
Allison who?

**Allisin is a phytochemical found in onions and garlic.**



## Pumpkin Pie Soup

Serves 4 (1-1/2 "5 A Day" servings per person)  
From <http://5aday.gov/>



- 12-ounce can evaporated skim milk
- 16-ounce can of pumpkin, no salt or fat added (other types of winter squash or sweet potatoes can be substituted)
- 2 apples, thinly sliced
- Blend pumpkin and milk in blender until well mixed.
- Pour into a pot and bring to a simmer.
- Cook 30 minutes.
- Pour into bowls and garnish with apple slices.

**Nutrients per serving:** 211 calories, 0.9 g fat, 4% calories from fat, 6 mg cholesterol, 38 g carbohydrate, 14 g protein, 3 g fiber, 201 mg sodium.

## Carrot Raisin Salad

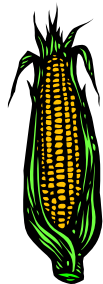
Serves 4 (1-1/4 "5 A Day" servings per person)  
From <http://www.aboutproduce.com>



- 4 carrots (medium), shredded
- 1/4 cup raisins
- 2 teaspoons sugar
- Juice of one lemon

- In a medium bowl, thoroughly mix all ingredients.
- Served chilled.

**Nutrients per serving:** 69 calories, 2% calories from fat, 0 mg cholesterol, 5 g fiber, 36 mg sodium.



## Microwave Corn – A Great Snack!

- Remove the husk and silk from one ear of corn.
- Wrap it in a wet paper towel.
- Microwave 2-3 minutes, turning over at least one time. Let stand 2-3 minutes.
- The corn will be very hot – handle with care!

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## Winter or Summer Squash

**Summer Squash** is harvested before the rind hardens and seeds mature. Zucchini, patty pan, crookneck and straightneck squash are summer varieties.

**Winter Squash** has a hard rind and can be stored throughout the winter. Pumpkin, hubbard, acorn, turban, butternut and spaghetti squash are winter varieties. Pumpkin pie can be made with other types of winter squash.

**Knock! Knock!**

Who's there?

Sweetie.

Sweetie who?

**Sweet-ie potatoes**  
are delicious  
just baked  
in their skins.



## Grilled Pineapple

- Preheat barbecue or broiler.
- Lightly brush pineapple slices (canned or fresh) with your favorite glaze – see below.
- Grill 2 to 3 minutes per side or until brown and bubbly.
- Serve with barbecued pork or chicken or as an appetizer.

**Asian** Mix: 2 tablespoons low-sodium soy sauce, 1/2 teaspoon toasted sesame oil.

**New England** Mix: 2 tablespoons maple syrup, 1/2 teaspoon vegetable oil.

**Tex-Mex** Mix: 2 tablespoons orange, lemon or lime juice; 1/2 teaspoon vegetable oil; dash of hot sauce or chili powder.



# Food Box News

New Hampshire Commodity Supplemental Food Program

Vol.1 No.5

## For Better Health, Eat Red Fruits and Vegetables

Phytochemicals (fight-o-chemicals) like lycopene and anthocyanin are found in red fruits and vegetables. They are being studied for their health benefits. Make red fruits and vegetables part of your daily “5 A Day” choices. They may help maintain:

- A lower risk of some cancers
- A healthy heart
- Memory function
- A healthy urinary tract



## Zesty Red Bean Dip and Vegetables

**Serves 4 (2-½ “5 A Day” servings per person)**

From <http://www.5aday.gov>

**A hollowed-out bell pepper becomes an edible serving dish!**

15-ounce can of dark red kidney beans, undrained

1/4 teaspoon garlic salt

1/4 teaspoon black pepper

1/4 teaspoon cumin

Dash hot sauce

1/4 cup fresh dill, roughly chopped  
(or 1 tablespoon dried dill)

1/4 cup plain low-fat yogurt

1 bell pepper hollowed-out (top and seeds removed)

1 medium bell pepper, seeded and sliced into strips

1/2 cup grape tomatoes    1/2 cup baby carrots

1/2 cup bite-sized broccoli florets



- Discard 2 tablespoons of liquid from the can of beans. Puree remaining liquid and beans, salt, pepper, cumin and hot sauce in a blender. Stir in yogurt and spoon into hollowed-out bell pepper.
- Place in the center of a medium plate. Surround with pepper strips, tomatoes, carrots and broccoli and serve.

**Nutrients per serving:** 134 calories, 0.8 g fat, 5% calories from fat, 0.2 g saturated fat, 0.9 mg cholesterol, 8 g protein, 24 g carbohydrate, 7 g fiber, 455 mg sodium.

## Red Fruits

Red Apple

Blood Orange

Cherries

Cranberries

Red Grapes

Pink/Red Grapefruit

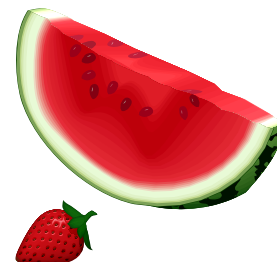
Red Pears

Pomegranates

Raspberries

Strawberries

Watermelon



## Red Vegetables

Beet

Red Pepper

Radish

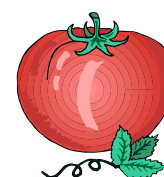
Radicchio

Red Onion

Red Potato

Rhubarb

Tomato



## Red Beans

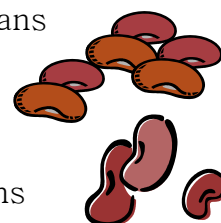
Azuki Beans

Mexican Red Beans

Pinto Beans

Red Ball Beans

Red Kidney Beans



## Make-You-Feel-Better Tomato Soup

Serves 4 (2 "5 A Day servings" per person)

From <http://www.5aday.gov>

- 1 tablespoon olive oil
- 1/2 large onion, chopped
- 1 clove garlic, crushed
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 28-ounce can low-sodium diced tomatoes
- 1 cup water
- 1/4 teaspoon salt

- In a medium saucepan, heat the oil.
- Sauté the onions, garlic, basil and oregano for 5 minutes.
- Add tomatoes, water and salt. Bring to a boil.
- Reduce heat and simmer for 15 minutes.

**Nutrients per serving:** 61 calories, 1.7 g fat, 22% calories from fat, 0 mg cholesterol, 1.8 g fiber, 171 mg sodium.



## Don't refrigerate tomatoes!

Most fresh tomatoes sold in supermarkets are firm, not yet ripe – because soft, ripe fruit is easily bruised. At room temperature, tomatoes will ripen properly and develop good flavor and aroma. To speed up ripening, place tomatoes in a brown paper bag. Never refrigerate a tomato that is not yet ripe as cold temperatures destroy flavor and stop the ripening process. Ripe tomatoes can be refrigerated for a few days, but then they lose their flavor.

## Is it 100 percent?

5 A Day counts 100 percent juices only. One serving is six ounces. To be sure no sugar has been added, read the label. Look for words like sugar, fructose, sucrose, glucose, corn syrup solids, and high fructose corn syrup. They all mean sugar has been added to the juice – and it is not 100% juice.

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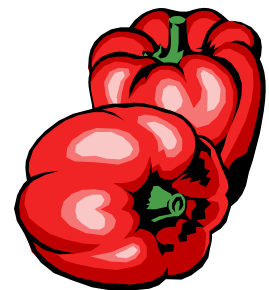
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## Lycopene and Tomatoes

The phytochemical lycopene (lie-co-peen) is found in red fruits and vegetables. It is one of over 600 different phytochemicals called carotenoids. Lycopene has been linked to a reduced risk for many cancers and protection against heart attacks.

**Canned Tomatoes** Tomato paste, tomato sauce, tomato soup, and tomato juice are the highest sources of lycopene. Whether they are stewed, chopped, whole or tomato sauce, all forms of canned tomatoes count on 5 A Day. Remember that the next time you eat or cook with tomato paste, sauce, soup or juice. *Cooked* tomato sauces offer greater health benefits than *uncooked*, because the heating process makes lycopene more easily absorbed by the body.

**Fresh Tomatoes** Eating fresh tomatoes is good for your health, too. Try fresh sliced tomatoes in a salad or sandwich or as a side dish for lunch or dinner.



**Knock! Knock!**

Who's there?

**Red.**

Red who?

**Red peppers  
are good on shish-kebab.**